

SCHOOL AGE & YOUTH PROGRAMS

WINTER & SPRING



ARTS

GUITAR - BEGINNER: ROCK AND POP 8-12yrs

Get ready for the campfire, or start a band. In a few short weeks, you'll learn the basics of popular styles on the guitar so you can walk away playing riffs and melodies from the songs you listen to! No previous experience necessary.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

| | | | | |
|--------|----|---------------|------------|---------|
| 107229 | Su | Jan 21-Mar 10 | 10:15-11am | 6/\$118 |
| 107230 | Su | Apr 14-Jun 9 | 10:15-11am | 7/\$136 |

PJ'S GUITAR FOR KIDS 6-9yrs

Get to know your guitar, discover the secrets of reading music, and play your favorite songs. Learn the perfect way to hold your guitar and start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Guitars can be rented from PJ Music Studios.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

| | | | | |
|--------|----|---------------|----------|---------|
| 107227 | Su | Jan 21-Mar 10 | 3-3:30pm | 6/\$118 |
| 107228 | Su | Apr 14-Jun 9 | 3-3:30pm | 7/\$136 |

UKULELE - BEGINNER 8-12yrs

Let's learn the musical basics like chords, melodies, note reading, and rhythms through popular songs that will kickstart your learner's musical journey! No previous experience necessary. Material fee is included in the cost.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

| | | | | |
|--------|----|---------------|--------------|---------|
| 108970 | Su | Jan 21-Mar 10 | 9:30-10:15am | 6/\$118 |
| 108971 | Su | Apr 14-Jun 29 | 9:30-10:15am | 7/\$136 |

PJ'S PIANO FOR KIDS: SMALL GROUP 6-10yrs

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

| | | | | |
|--------|----|---------------|--------------|---------|
| 107217 | Sa | Jan 20-Mar 9 | 10-10:30am | 7/\$150 |
| 107218 | Sa | Jan 20-Mar 9 | 10:30-11am | 7/\$150 |
| 107219 | Sa | Jan 20-Mar 9 | 11-11:30am | 7/\$150 |
| 107220 | Sa | Jan 20-Mar 9 | 11:30am-12pm | 7/\$150 |
| 107221 | Su | Jan 21-Mar 10 | 2:30-3pm | 6/\$130 |
| 107222 | Sa | Apr 13-Jun 8 | 10-10:30am | 7/\$150 |
| 107223 | Sa | Apr 13-Jun 8 | 10:30-11am | 7/\$150 |
| 107224 | Sa | Apr 13-Jun 8 | 11-11:30am | 7/\$150 |
| 107225 | Sa | Apr 13-Jun 8 | 11:30am-12pm | 7/\$150 |
| 107226 | Su | Apr 14-Jun 9 | 2:30-3pm | 7/\$150 |

DANCE

BALLET AND JAZZ 5-7yrs

Join us as we combine basic jazz dance technique and ballet in this fun and entertaining class. The result is the poise and grace of ballet with the high energy of jazz dance! Children will learn a choreographed dance.

SAANICH COMMONWEALTH PLACE

Dansko Staff

| | | | | |
|--------|----|---------------|-----------------|---------|
| 106694 | M | Jan 8-Mar 11 | 3:30-4:15pm | 9/\$79 |
| 106695 | Sa | Jan 13-Mar 16 | 11:30am-12:15pm | 10/\$88 |
| 108376 | M | Apr 8-Jun 3 | 3:30-4:15pm | 8/\$70 |
| 108377 | Sa | Apr 6-Jun 1 | 11:30am-12:15pm | 8/\$70 |

HIP HOP 7-10yrs

Hip hop dance combines a variety of freestyle movements and is fueled by upbeat music that keeps you moving. Kids will let loose, move, groove and have fun!

SAANICH COMMONWEALTH PLACE

Dansko Staff

| | | | | |
|--------|----|---------------|-------------|----------|
| 106699 | Sa | Jan 13-Mar 16 | 2:30-3:30pm | 10/\$108 |
| 108382 | Sa | Apr 6-Jun 1 | 2:30-3:30pm | 8/\$86 |

HIP HOP AND GROOVE 6-9yrs

This energetic class showcases a dancer's individual style. It combines a variety of freestyle movements fueled by upbeat music that keeps you moving. Kids will let loose, move, groove, and have fun!

SAANICH COMMONWEALTH PLACE

Talia Boughton

| | | | | |
|--------|----|---------------|-------------|----------|
| 106700 | Su | Jan 14-Mar 17 | 1:30-2:15pm | 10/\$108 |
| 108383 | Su | Apr 7-Jun 2 | 1:30-2:15pm | 9/\$97 |

JAZZ/HIP HOP

A perfect combo class - high energy hip hop to make you bounce to the beat combined with important elements of jazz dance technique.

SAANICH COMMONWEALTH PLACE

Dansko Staff

| | | | | |
|--------|----|---------------|-------------|----------|
| 106701 | Sa | Jan 13-Mar 16 | 1:30-2:30pm | 10/\$108 |
| 108385 | Sa | Apr 6-Jun 1 | 1:30-2:30pm | 8/\$86 |

Talia Boughton

| | | | | |
|--------|----|---------------|--------------|----------|
| 106702 | Su | Jan 14-Mar 17 | 12:15-1:15pm | 10/\$108 |
| 108384 | Su | Apr 7-Jun 2 | 12:15-1:15pm | 9/\$97 |

DAY CAMPS - ARTS

ACTING ADVENTURES CAMP 9-12yrs

Explore the world of drama & theatre with games, improvisation, voice, and character building! All this and more in this high energy theatre camp for all skill sets. Work together to create an original play for sharing with family and friends on the final day of camp.

ROYAL OAK MIDDLE SCHOOL

Kaleidoscope Theatre

| | | | | |
|--------|------|-----------|---------|---------|
| 108747 | M-Th | Mar 25-28 | 9am-4pm | 4/\$194 |
|--------|------|-----------|---------|---------|

SHOW BIZ KIDS - PERFORMANCE CAMP 6-8yrs

Sing, act, and dance your week away as you rehearse a mini musical! Learn what it takes to put on a musical for your friends and family. Costumes, lights, choreography, and a whole lot of fun! This camp culminates in a final performance for friends and family to enjoy.

ROYAL OAK MIDDLE SCHOOL

Kaleidoscope Theatre

| | | | | |
|--------|-----|-----------|---------|---------|
| 108749 | M-F | Mar 18-22 | 9am-4pm | 5/\$242 |
|--------|-----|-----------|---------|---------|

SPRING BREAK CRAFTY CAMP GRADES 1-3

Calling all creative kids! We'll use all your favourite crafting supplies from glue, to paint to googly eyes to express our creativity! This camp is for children in grades 1-3 who love to get crafty. We'll also spend time playing games and exploring the outdoors.

ROYAL OAK MIDDLE SCHOOL

| | | | | |
|--------|------|-----------|---------|---------|
| 108647 | M-F | Mar 18-22 | 9am-4pm | 5/\$210 |
| 108648 | M-Th | Mar 25-28 | 9am-4pm | 4/\$168 |

DAY CAMPS - GENERAL

KIDS COOKING 101 8-12yrs

Calling all kids who love to cook! Join our hands-on camp and learn basic cooking skills using age appropriate culinary techniques. Enjoy the taste of your success each class and create your own recipe book! Adventure to the pool once or twice per week. Food and supplies included.

ROYAL OAK MIDDLE SCHOOL

| | | | | |
|--------|------|-----------|---------|---------|
| 108643 | M-F | Mar 18-22 | 9am-4pm | 5/\$250 |
| 108645 | M-Th | Mar 25-28 | 9am-4pm | 4/\$200 |

PRO D DAY - JR. MINECRAFT AND ROCKETS 6-8yrs

Step into the extraordinary realm of Minecraft and unlock the wonders of engineering with your team. Build, craft, and complete challenges using teamwork and innovation! But the excitement doesn't end there! After lunch, we'll become aerospace engineers as we build and launch our own mini rockets. Are you ready to blast off with us? Note: Basic experience with a mouse and keyboard is encouraged.

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

| | | | | |
|--------|---|--------|---------|------|
| 108511 | F | May 17 | 9am-4pm | \$68 |
|--------|---|--------|---------|------|

PRO D DAY - MINECRAFT AND MEDIEVAL DEFENCE 8-12yrs

Gear up for an exhilarating day! Dive into the mesmerizing Minecraft universe, where teamwork and ingenuity rule when it comes to cracking engineering challenges! In the afternoon, use your engineering prowess to defend your castle from Medieval threats. Get ready to engineer the unimaginable in a day packed with fun and excitement!

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

| | | | | |
|--------|---|--------|---------|------|
| 106979 | F | Feb 16 | 9am-4pm | \$68 |
|--------|---|--------|---------|------|

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES



DAY CAMPS - SPORTS

BADMINTON CAMP

8-14yrs

Badminton Victoria coaches want to share their love of smashing shuttles with you. This camp is designed to teach the basics of badminton for beginners and challenge the more experienced players. Skills and drills will be the focus on the courts for this morning camp.

ROYAL OAK MIDDLE SCHOOL

Badminton Victoria

108527 M-F Mar 18-22 9am-12pm 5/\$135

ELI PASQUALE BASKETBALL CAMP

Enjoy a great basketball experience with Eli Pasquale's classic program emphasizing skill development and team play. Learn the fundamentals of the game and improve your offensive and defensive skills in a fun-first environment. Full day campers will cool off in the pool for a few fun swims.

ROYAL OAK MIDDLE SCHOOL

Eli Pasquale Staff

8-14yrs **FULL DAY**

108665 M-Th Mar 25-28 9am-4pm 4/\$220

6-9yrs **HALF DAY**

108663 M-Th Mar 25-28 9am-12pm 4/\$124

10-14yrs **HALF DAY**

108661 M-Th Mar 25-28 1pm-4pm 4/\$124

FALCON GYMNASTICS - SWING INTO SPRING CAMP

5-12yrs

Our week long camp offers fun and fitness for all levels and ages! Children work and focus on the skills on all events and have the opportunity to learn tumbling, balance beam, vaulting, trampoline, tumble track, bars and many more fun activities. Child must currently be in Kindergarten.

FALCON GYMNASTICS CENTRE

Falcon Gymnastics

107193 M-F Mar 18-22 9am-4pm 5/\$290

107194 M-F Mar 18-22 9am-12pm 5/\$190

107195 M-F Mar 18-22 1-4pm 5/\$190

107196 M-Th Mar 25-28 9am-4pm 4/\$236

107197 M-Th Mar 25-28 9am-12pm 4/\$156

107198 M-Th Mar 25-28 1-4pm 4/\$156

SPRING BREAK ADVENTURES CAMP 9-12yrs

Join us for a week of your FAVOURITE games and camp activities! We'll get outdoors, play in the gym, and go swimming too!

SAANICH COMMONWEALTH PLACE

106981 M-F Mar 18-22 8:30am-4pm 5/\$175

106982 M-Th Mar 25-28 8:30am-4pm 4/\$140

SPRING BREAK CAMP 5-8yrs

Let our qualified and energetic leaders keep your child active over the Spring Break holiday. Sports, crafts, games, and adventures will make for a jam-packed week! For children currently in Kindergarten through Grade 3.

SAANICH COMMONWEALTH PLACE

106983 M-F Mar 18-22 8:30am-4pm 5/\$175

106984 M-Th Mar 25-28 8:30am-4pm 4/\$140

DAY CAMPS - SPECIALTY

ENGINEERING - JUNIOR PIRATE ADVENTURES

6-8yrs

Ahoy matey! You're invited to join our crew as we sail the high seas in search of buried treasure. We'll start by building a pirate ship to load up with cargo, then set off to fish for buried treasure, and unlock the secrets of the deep! Arr ye ready t sail the seven seas with us?

ROYAL OAK MIDDLE SCHOOL

Engineering For Kids Vancouver Island

108672 M-Th Mar 25-28 9am-4pm 4/\$272

ENGINEERING - MINECRAFT MEDIEVAL REDSTONE

8-12yrs

Using Redstone, Minecraft's version of electrical circuitry, test your ingenuity and problem-solving skills as you navigate through challenges in our virtual Minecraft worlds. From building a castle to creating a minecart system, there's exciting new challenges each day! We'll also spend part of the day doing art, science, engineering projects, and playing outdoor games!

ROYAL OAK MIDDLE SCHOOL

Engineering For Kids Vancouver Island

108668 M-F Mar 18-22 9am-4pm 5/\$340

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

GENERAL INTEREST

ENGINEERING: JR. LEGO® & K'NEX BUILDING CLUB 5-7yrs

What can you create with your imagination, and our LEGO and K'Nex? Each week, it's up to you to brainstorm and build a possible solution to a real-world engineering design challenge. Parents: Your kids will have fun with LEGO® + K'Nex while practicing skills in problem solving, innovative thinking, and teamwork!

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

108503 Tu Jan 23-Feb 27 4-5pm 6/\$138

ENGINEERING: APPRENTICE LEGO® & K'NEX BUILDING CLUB 8-12yrs

What can you create with your imagination, and our LEGO® and K'Nex? Each week, it's up to you to brainstorm and build a possible solution to a real-world engineering design challenge. Parents: Your kids will have fun with LEGO® + K'Nex while practicing skills in problem solving, innovative thinking, STEM, and teamwork!

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

108504 Tu Jan 23-Feb 27 5:30-7pm 6/\$156

ENGINEERING: JR. MARINE ENGINEERING 5-7yrs

What causes something to sink or float? How can engineers help explore and protect the ocean? These questions and more are all explored in Junior Marine. In this class, our young engineers explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

108512 Tu Apr 9-May 14 4-5pm 6/\$138

ENGINEERING: ROBOTICS 101 WITH LEGO® EV3 ROBOTICS 8-12yrs

Do you love robots? Using LEGO Mindstorms EV3s and working in pairs, you'll learn how to build and program a robot. You'll explore how sensors can automate a robot, build a robotic arm, battle in a sumobots tournament, and more! A great introduction to the world of robotics.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

108508 Tu Apr 9-May 14 5:30-7pm 6/\$156

KIDS COOKING CLUB

8-12yrs

Calling all kids who love to cook! Join our hands-on club and learn basic cooking skills from measurements to kitchen safety. Enjoy the taste of your success each class and create your own recipe book!

ROYAL OAK MIDDLE SCHOOL

108738 Sa Jan 13-Mar 9 10am-12:30pm 8/\$215

108746 Sa Apr 13-Jun 8 10am-12:30pm 8/\$215

LEARN TO FISH

5-14yrs

Join the Freshwater Fisheries Society of BC for this 2 hour session where you will learn about hatchery roles, fish identification, proper fish handling, tackle, rod rigging and casting, followed by hands on fishing at the lake! Rods and tackle provided. Parent participation required. For more information contact Fish@gofishbc.com.

ELK AND BEAVER LAKE REGIONAL PARK

107199 Th May 9 6-8pm FREE

107200 Th May 23 6-8pm FREE

107201 Th Jun 6 6-8pm FREE

107202 Th Jun 20 6-8pm FREE

LEADERSHIP / EDUCATION

HOME ALONE PROGRAM

9-11yrs

Before and after school times or occasional outings for parents are easy when your child is H.A.P.P.Y. — a Home Alone Program Prepared Youth! The program focuses on home and personal safety and emergency procedures. Booklet and parent/guardian handout included.

SAANICH COMMONWEALTH PLACE

[Kathy Lee](#)

107262 Sa Mar 23 9am-12pm \$40

107263 Sa Jun 8 9am-12pm \$40

RED CROSS BABYSITTER'S TRAINING 11-14yrs

Learn the basics of babysitting and become a qualified babysitter. A Red Cross Babysitter Certificate will be issued upon successful completion of the course. Cost includes manual.

SAANICH COMMONWEALTH PLACE

107264 Sa Mar 2-9 1-5pm 2/\$83

107265 Sa Apr 20-27 1-5pm 2/\$83

107266 Sa Jun 1-8 1-5pm 2/\$83

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

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PARKS, RECREATION
& COMMUNITY SERVICES



MARTIAL ARTS

KARATE BEGINNERS - SERENITY MARTIAL ARTS 5-11yrs

Learn the basics of Karate from the Shotokan style from Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn stances, hand techniques, kicking techniques, and kata in this non-contact class. We will also work on impulse control, sequencing, personal space, gross motor skills, personal awareness, safety, and respect.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

| | | | | |
|--------|-------|---------------|----------|----------|
| 109116 | M, Th | Jan 8-Mar 14 | 5-5:45pm | 19/\$272 |
| 109118 | M | Jan 8-Mar 11 | 5-5:45pm | 9/\$129 |
| 109120 | Th | Jan 11-Mar 14 | 5-5:45pm | 10/\$143 |
| 109117 | M, Th | Apr 4-Jun 20 | 5-5:45pm | 21/\$300 |
| 109119 | M | Apr 8-Jun 17 | 5-5:45pm | 10/\$143 |
| 109121 | Th | Apr 4-Jun 20 | 5-5:45pm | 11/\$158 |

KARATE CONTINUING - SERENITY MARTIAL ARTS 5yrs+

Continuing Karate class for existing SMA students. Expand your skills from the Shotokan style with Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrima, and weapons training in this non-contact class.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

| | | | | |
|--------|-------|---------------|----------|----------|
| 109133 | M, Th | Jan 8-Mar 14 | 5-5:45pm | 19/\$272 |
| 109138 | M | Jan 8-Mar 11 | 5-5:45pm | 9/\$129 |
| 109140 | Th | Jan 11-Mar 14 | 5-5:45pm | 10/\$143 |
| 109136 | M, Th | Apr 4-Jun 20 | 5-5:45pm | 21/\$300 |
| 109139 | M | Apr 8-Jun 17 | 5-5:45pm | 10/\$143 |
| 109142 | Th | Apr 4-Jun 20 | 5-5:45pm | 11/\$158 |

KARATE CLUB

Our club philosophy is based on respect, discipline, self-confidence and excellence. We will teach you to challenge yourself, set goals and help you attain those goals. Our club follows the Shito-Ryu system of karate.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

4-6yrs

| | | | | |
|--------|----|---------------|------------|----------|
| 107259 | Sa | Jan 13-Mar 16 | 10-10:50am | 9/\$122 |
| 107260 | Sa | Apr 6-Jun 22 | 10-10:50am | 11/\$149 |

6-11yrs

| | | | | |
|--------|----|---------------|-------------|----------|
| 107239 | Tu | Jan 9 -Mar 12 | 6:30-7:30pm | 10/\$145 |
| 107255 | Tu | Apr 2-Jun 25 | 6:30-7:30pm | 13/\$189 |
| 107243 | W | Jan 10-Mar 13 | 4-5pm | 10/\$145 |
| 107257 | W | Apr 3-Jun 26 | 4-5pm | 13/\$189 |
| 107244 | Th | Jan 11-Mar 14 | 6:30-7:30pm | 10/\$145 |
| 107258 | Th | Apr 4-Jun 27 | 6:30-7:30pm | 13/\$189 |
| 107247 | Sa | Jan 13-Mar 16 | 11am-12pm | 9/\$131 |
| 107248 | Sa | Jan 13-Mar 16 | 12-1pm | 9/\$131 |
| 107249 | Sa | Apr 6-Jun 22 | 11am-12pm | 11/\$160 |
| 107252 | Sa | Apr 6-Jun 22 | 12-1pm | 11/\$160 |

**DOUBLE THE PRACTICE TO IMPROVE SKILL DEVELOPMENT!
JOIN US BOTH DAYS FOR BETTER VALUE.**

| | | | |
|--------|--------------------|---------------|----------|
| 107240 | T/6:30pm Th/6:30pm | Jan 9-Mar 14 | 20/\$240 |
| 107256 | T/6:30pm Th/6:30pm | Apr 2-Jun 27 | 26/\$312 |
| 107241 | T/6:30pm Sa/11am | Jan 9-Mar 16 | 19/\$228 |
| 107242 | T/6:30pm Sa/12pm | Jan 9-Mar 16 | 19/\$228 |
| 107250 | T/6:30pm Sa/11am | Apr 2-Jun 25 | 24/\$288 |
| 107253 | T/6:30pm Sa/12pm | Apr 2-Jun 25 | 24/\$288 |
| 107245 | Th/6:30pm Sa/11am | Jan 11-Mar 16 | 19/\$228 |
| 107246 | Th/6:30pm Sa/12pm | Jan 11-Mar 16 | 19/\$228 |
| 107251 | Th/6:30pm Sa/11am | Apr 4-Jun 27 | 24/\$288 |
| 107254 | Th/6:30pm Sa/12pm | Apr 4-Jun 27 | 24/\$288 |

SPORTS

ARCHERY - YOU AND ME

8yrs+

Come out and enjoy this Archery class designed for a caregiver and a child (8yrs+). Learn the basic skills of this great sport together. Cost per person.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

| | | | | |
|--------|---|---------------|-------|--------|
| 107171 | F | Jan 12-Feb 9 | 5-6pm | 5/\$48 |
| 107172 | F | Jan 12-Feb 9 | 6-7pm | 5/\$48 |
| 107173 | F | Jan 12-Feb 9 | 7-8pm | 5/\$48 |
| 107174 | F | Feb 16-Mar 15 | 5-6pm | 5/\$48 |
| 107175 | F | Feb 16-Mar 15 | 6-7pm | 5/\$48 |
| 107176 | F | Feb 16-Mar 15 | 7-8pm | 5/\$48 |
| 107177 | F | Apr 5-May 10 | 5-6pm | 6/\$57 |
| 107178 | F | Apr 5-May 10 | 6-7pm | 6/\$57 |
| 107179 | F | Apr 5-May 10 | 7-8pm | 6/\$57 |
| 107180 | F | May 17-Jun 21 | 5-6pm | 6/\$57 |
| 107181 | F | May 17-Jun 21 | 6-7pm | 6/\$57 |
| 107182 | F | May 17-Jun 21 | 7-8pm | 6/\$57 |

ARCHERY FOR YOUTH

8-16yrs

Ready, aim, bulls-eye! Learn basic archery techniques taught by a Level III certified coach. All equipment provided.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

8-12yrs

| | | | | |
|--------|----|---------------|-------------|--------|
| 107183 | Th | Jan 11-Feb 8 | 4:15-5:15pm | 5/\$60 |
| 107185 | Th | Feb 15-Mar 14 | 4:15-5:15pm | 5/\$60 |
| 107187 | Th | Apr 4-May 9 | 4:15-5:15pm | 6/\$72 |
| 107189 | Th | May 16-Jun 20 | 4:15-5:15pm | 6/\$72 |

11-16yrs

| | | | | |
|--------|----|---------------|-------------|--------|
| 107184 | Th | Jan 11-Feb 8 | 5:15-6:15pm | 5/\$60 |
| 107186 | Th | Feb 15-Mar 14 | 5:15-6:15pm | 5/\$60 |
| 107188 | Th | Apr 4-May 9 | 5:15-6:15pm | 6/\$72 |
| 107190 | Th | May 16-Jun 20 | 5:15-6:15pm | 6/\$72 |

BADMINTON - BEGINNER

6-12yrs

For players with minimal or no experience who are eager to learn and have fun! Skills such as serving, overhead strokes, and positioning will be taught. Enjoy lots of game play to improve on skills. Participants will be divided upon ability. Equipment provided.

SAANICH COMMONWEALTH PLACE

Badminton Victoria

| | | | | |
|--------|---|---------------|-------|----------|
| 107277 | W | Jan 10-Mar 13 | 4-5pm | 10/\$120 |
| 107278 | W | Apr 3-Jun 12 | 4-5pm | 11/\$132 |

BADMINTON - INTERMEDIATE

11-16yrs

This more advanced class is for youth looking to improve their skills and footwork. Requires skills such as serving, overhead strokes, and knowledge of basic grips and court positioning. Our goal is to refine overhead strokes, grips, and net play to increase speed and agility.

SAANICH COMMONWEALTH PLACE

Badminton Victoria

| | | | | |
|--------|---|---------------|-------|----------|
| 107279 | W | Jan 10-Mar 13 | 5-6pm | 10/\$120 |
| 107280 | W | Apr 3-Jun 12 | 5-6pm | 11/\$132 |

ELI PASQUALE BASKETBALL LEAGUE

Where great basketball begins! Have fun, learn and develop. We do not keep score. First half-hour is skill work, final hour is for games. Team t-shirt included.

SAANICH COMMONWEALTH PLACE

Eli Pasquale Staff

6-7yrs

| | | | | |
|--------|----|--------------|------------|---------|
| 107281 | Sa | Apr 13-Jun 8 | 10-11:30am | 8/\$160 |
|--------|----|--------------|------------|---------|

8-9yrs

| | | | | |
|--------|----|--------------|-------------|---------|
| 107282 | Sa | Apr 13-Jun 8 | 11:30am-1pm | 8/\$160 |
|--------|----|--------------|-------------|---------|

10-12yrs

| | | | | |
|--------|----|--------------|----------|---------|
| 107283 | Sa | Apr 13-Jun 8 | 1:30-3pm | 8/\$160 |
|--------|----|--------------|----------|---------|

13-15yrs

| | | | | |
|--------|----|--------------|----------|---------|
| 107284 | Sa | Apr 13-Jun 8 | 1:30-3pm | 8/\$160 |
|--------|----|--------------|----------|---------|



FENCING - LEVEL 1: BEGINNER

10-16yrs

En garde! Suit up and discover the European martial art of swordplay through the modern sport of fencing. Learn the fundamental skills and have fun! Beginners receive instruction with the foil, no experience needed, all equipment is supplied.

SAANICH COMMONWEALTH PLACE

Miko Ross

| | | | | |
|--------|----|---------------|-------|---------|
| 107271 | Tu | Jan 23-Mar 12 | 4-5pm | 8/\$104 |
| 107272 | Tu | Apr 9-May 14 | 4-5pm | 6/\$78 |
| 107273 | Tu | May 21-Jun 18 | 4-5pm | 5/\$65 |

FENCING - LEVEL 2: CONTINUING

10-16yrs

Continue to improve your fencing skills! Fencers will receive instruction in all three weapons; foil, epee, and sabre and will apply their skills in bout situations. All equipment is supplied. Several seasons of Continuing recommended before advancing to Academy.

SAANICH COMMONWEALTH PLACE

Miko Ross

| | | | | |
|--------|----|---------------|-------------|---------|
| 107274 | Tu | Jan 23-Mar 12 | 5:15-6:15pm | 8/\$104 |
| 107275 | Tu | Apr 9-May 14 | 5:15-6:15pm | 6/\$78 |
| 107276 | Tu | May 21-Jun 18 | 5:15-6:15pm | 5/\$65 |

FLOOR HOCKEY - YOU AND ME

7-10yrs

A time for caregivers and kids to play floor hockey together. You'll play games but most of all have an awesome time. Price is per person.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|---------------|-------------|--------|
| 107268 | M | Jan 15-Mar 11 | 5:15-6:15pm | 8/\$68 |
| 107270 | M | Apr 15-Jun 17 | 5:15-6:15pm | 9/\$77 |

FLOOR HOCKEY FUN

7-12yrs

Plastic sticks, plastic pucks, fast and furious action! Bring your friends and have some fun playing floor hockey. Work on skills and have lots of time for games! Instructor will officiate games, create teams, and facilitate round-robin play. Children will be divided by age and ability if needed.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|---------------|-------------|--------|
| 107267 | M | Jan 15-Mar 11 | 4:15-5:15pm | 8/\$84 |
| 107269 | M | Apr 15-Jun 17 | 4:15-5:15pm | 9/\$95 |

JUNIOR DEVELOPMENT WATER POLO 8-12yrs

Taught by competitive water polo coaches, each session includes Powerswimming™, ball handling, shooting techniques and a scrimmage component. Upon successful completion, participants enter age-group competitive water polo. Prerequisite: ability to swim in deep water.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

| | | | | |
|--------|----|--------------|----------|----------|
| 108585 | Su | Jan 7-Mar 10 | 4:30-6pm | 10/\$170 |
| 108591 | Su | Apr 7-Jun 16 | 4:30-6pm | 11/\$187 |

POWERSWIMMING™ PURPLE, ORANGE & WHITE LEVEL: TEACH POOL 7-10yrs

This innovative swimming program combines competitive swimming, water polo and lifesaving skills. Emphasis is on speed and endurance. Purple, Orange and White levels are in shallow water. Program can be combined with traditional swim lessons, Minipolo and/or Junior Development Water Polo.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

| | | | | |
|--------|----|---------------|----------|----------|
| 108589 | Tu | Jan 9-Mar 12 | 7-8:15pm | 10/\$140 |
| 108590 | Th | Jan 11-Mar 14 | 7-8:15pm | 10/\$140 |
| 108595 | Tu | Apr 9-Jun 18 | 7-8:15pm | 11/\$154 |
| 108596 | Tu | Apr 11-Jun 20 | 7-8:15pm | 11/\$154 |

POWERSWIMMING™ EVERGREEN & RED LEVEL: DIVE TANK 8-12yrs

Children registering in these levels must have completed Powerswimming™ White Level, or be able to swim 25 meters freestyle non-stop in deep water. Practices are held by competitive swimming & water polo coaches. Graduates of this program receive a proficient swimmer P.O.W.E.R certificate.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

| | | | | |
|--------|----|---------------|----------|----------|
| 108587 | Th | Jan 11-Mar 14 | 7-8:15pm | 10/\$140 |
| 108588 | Tu | Jan 9-Mar 12 | 7-8:15pm | 10/\$140 |
| 108593 | Th | Apr 11-Jun 20 | 7-8:15pm | 11/\$154 |
| 108594 | Tu | Apr 9-Jun 18 | 7-8:15pm | 11/\$154 |

MINI POLO 7-10yrs

Led by nationally certified coaches, these classes are taught in a shallow pool environment. Learn sport-specific strokes with the water polo ball. Emphasis is placed on the eggbeater, stop and-go, quick turns, four basic shooting techniques, and game strategy. Sessions include a scrimmage. Prerequisite: ability to swim 10 strokes of freestyle.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

| | | | | |
|--------|----|--------------|-------|----------|
| 108586 | Su | Jan 7-Mar 10 | 5-6pm | 10/\$110 |
| 108592 | Su | Apr 7-Jun 16 | 5-6pm | 11/\$121 |

YOUTH - DAY CAMPS

VOLLEYBALL BIG DIG CAMP GRADES 7-8 EXPERIENCED PLAYERS

Designed for athletes that have been introduced to the game through the school season, this camp teaches intermediate volleyball skills. Instructors blend instruction with game-play to maximize learning while having fun. For the athlete that is hooked on volleyball, and looking to grow their skills after the middle school season.

CLAREMONT SECONDARY SCHOOL

Shon Ryan and the Big Dig Coaches

| | | | | |
|--------|---------|-----------|----------|---------|
| 108514 | Tu,W,Th | Mar 19-21 | 9am-12pm | 3/\$150 |
|--------|---------|-----------|----------|---------|

VOLLEYBALL BIG DIG CAMP GRADES 9-10 EXPERIENCED PLAYERS

This action-packed three-day multi court camp is for experienced volleyball players who want to take their performance to a higher level. Sessions include dynamic multi-skill drills and practice addressing positional and tactical play. This camp includes a camp shirt & last day tournament play.

CLAREMONT SECONDARY SCHOOL

Shon Ryan and the Big Dig Coaches

| | | | | |
|--------|---------|-----------|-------|---------|
| 108515 | Tu,W,Th | Mar 19-21 | 1-4pm | 3/\$150 |
|--------|---------|-----------|-------|---------|

YOUTH - GENERAL INTEREST

2SLGBTQIA+ SOCIAL 11-16yrs

After-school fun and a safe space for 2SLGBTQIA+ youth to connect with youth leaders and peers. Games, crafts and time outside. Grades 6-11 may drop-in once registered by a parent, guardian, teacher, counsellor, social worker or other. If safe registration is a barrier, contact maddie.parks@saanich.ca or call 250 475 7624.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|--------------|-------------|------|
| 109021 | M | Jan 8-Jun 10 | 3:30-5:30pm | FREE |
|--------|---|--------------|-------------|------|

AIR DRY CLAY CREATION STATION 10-12yrs

Do you dream about creating your own world? Are you looking to put all of your amazing ideas into real life? This creation station is the place for you. Come and create your own cartoon, anime or creature world with air dry clay. Participants will receive their own air-dry clay kits to keep with them for the entire session.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|---------------|----------|------|
| 110254 | W | Jan 17-Mar 13 | 6:30-8pm | \$60 |
| 110255 | W | Apr 3-Jun 5 | 6:30-8pm | \$60 |

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

FRIDAY NIGHTS - PIZZA, SWIMMING AND MOVIE 11-16yrs

Friday nights just got a whole lot better! Come hang out at The Upside Youth Centre with your friends or come here to meet new ones. Enjoy all the amenities that the space has to offer plus pizza, swimming and a movie. Our awesome staff can't wait to hang out with you and your pals.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|--------|--------|------|
| 109030 | F | Jan 12 | 6-10pm | \$10 |
| 109029 | F | Jan 19 | 6-10pm | \$10 |
| 109023 | F | Jan 26 | 6-10pm | \$10 |
| 109024 | F | Feb 2 | 6-10pm | \$10 |
| 109025 | F | Feb 9 | 6-10pm | \$10 |
| 109026 | F | Feb 23 | 6-10pm | \$10 |
| 109027 | F | Mar 1 | 6-10pm | \$10 |
| 109038 | F | Mar 8 | 6-10pm | \$10 |
| 109028 | F | Mar 15 | 6-10pm | \$10 |
| 109037 | F | Apr 12 | 6-10pm | \$10 |
| 109031 | F | Apr 19 | 6-10pm | \$10 |
| 109032 | F | Apr 26 | 6-10pm | \$10 |
| 109033 | F | May 3 | 6-10pm | \$10 |
| 109034 | F | May 10 | 6-10pm | \$10 |
| 109035 | F | May 24 | 6-10pm | \$10 |
| 109036 | F | May 31 | 6-10pm | \$10 |

GRADE 5 AFTER SCHOOL DROP-IN

Are you in Grade 5? Looking for something fun to do after school? Hang out together, listen to music, eat some snacks, and play a game of pool, ping pong, foosball or Xbox.

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|----|---------------|-------------|------|
| 109042 | Tu | Jan 16-Jun 11 | 3:15-5:15pm | FREE |
|--------|----|---------------|-------------|------|

MUSIC JAM SESSIONS 11-16yrs

Come spend your Tuesday evenings jamming out at the Upside Teen Centre! This night offers a special blend of intro to music, free play, and music education aimed at youth! The Upside Teen Centre is a safe, welcoming space for teens to socialize in a friendly safe environment. Free program-register to Drop-in!

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|----|---------------|----------|------|
| 109044 | Tu | Jan 16-Mar 12 | 6-7:30pm | FREE |
|--------|----|---------------|----------|------|

SOCIAL AND SWIM 10-14yrs

Who's feeling ready to make some new friends? Join us for an evening of crafting, painting, art, games, foosball, ping pong, baking etc. Then, hop in the pool for an hour of fun. This is the place to be on a Monday Night!

SAANICH COMMONWEALTH PLACE

| | | | | |
|--------|---|---------------|-------|---------|
| 109041 | M | Jan 15-Mar 11 | 6-8pm | 9/\$45 |
| 109040 | M | Apr 1-Jun 10 | 6-8pm | 10/\$45 |

YOUTH BAKING AND COOKING CLASS 10-14yrs

Let's get cooking! Come and try all the best recipes and meet new friends while you're at it. Enjoy making appetizers, main courses, baking, desserts and much more. Make some for class and take the rest home.

ROYAL OAK MIDDLE SCHOOL

| | | | | |
|--------|----|---------------|-------|-------|
| 110251 | Th | Jan 18-Mar 14 | 6-8pm | \$135 |
| 110252 | Th | Apr 4-Jun 6 | 6-8pm | \$135 |

YOUTH - HEALTH & WELLNESS

STRENGTH TRAINING FOR YOUTH 10-12yrs

This 45-minute class is suitable for those youth that would like to learn about the fundamentals of strength and conditioning in a fun and safe environment.

SAANICH COMMONWEALTH PLACE

David Keta

| | | | | |
|--------|----|---------------|-------------|--------|
| 108860 | Th | Jan 18-Feb 29 | 3:45-4:30pm | 7/\$63 |
| 108870 | Th | Mar 7-May 2 | 3:45-4:30pm | 7/\$63 |
| 108873 | Th | May 9-Jun 20 | 3:45-4:30pm | 7/\$63 |

TEEN WEIGHTS 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals!

SAANICH COMMONWEALTH PLACE

Ash Powell

| | | | | |
|--------|---|---------------|-------------|--------|
| 108945 | F | Jan 19-Feb 9 | 4:30-5:30pm | 4/\$44 |
| 108952 | F | Feb 16-Mar 8 | 4:30-5:30pm | 4/\$44 |
| 108954 | F | Apr 19-May 10 | 4:30-5:30pm | 4/\$44 |
| 108955 | F | May 17-Jun 7 | 4:30-5:30pm | 4/\$44 |

Troy Urlacher

| | | | | |
|--------|----|--------------|-------------|--------|
| 108905 | Tu | Jan 16-Feb 6 | 4:30-5:30pm | 4/\$44 |
| 108935 | Tu | Feb 13-Mar 5 | 4:30-5:30pm | 4/\$44 |
| 108937 | Tu | Apr 9-Apr 30 | 4:30-5:30pm | 4/\$44 |
| 108938 | Tu | May 7-May 28 | 4:30-5:30pm | 4/\$44 |

TEEN WEIGHTS - ADVANCED 13-16yrs

Learn to perform essential weightlifting exercises to improve your strength! This class will focus on how to exercise to maximize your strength gains and reach your fitness goals.

SAANICH COMMONWEALTH PLACE

Ash Powell

| | | | | |
|--------|---|---------------|-------------|--------|
| 108901 | M | Jan 15-Mar 11 | 4:30-5:30pm | 8/\$94 |
| 108904 | M | Mar 18-May 6 | 4:30-5:30pm | 8/\$94 |
| 108939 | M | May 13-Jun 24 | 4:30-5:30pm | 6/\$71 |

YOUTH - MARTIAL ARTS

KARATE BEGINNERS - SERENITY MARTIAL ARTS

12yrs+

Learn the basics of Karate from the Shotokan style from Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn stances, hand techniques, kicking techniques, and kata in this noncontact class.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

| | | | | |
|--------|------|---------------|-------------|----------|
| 109106 | M,Th | Jan 8-Mar 14 | 6:30-7:30pm | 19/\$306 |
| 109110 | M | Jan 8-Mar 11 | 6:30-7:30pm | 9/\$146 |
| 109111 | Th | Jan 11-Mar 14 | 6:30-7:30pm | 10/\$161 |
| 109107 | M,Th | Apr 4-Jun 20 | 6:30-7:30pm | 21/\$338 |
| 109113 | M | Apr 8-Jun 17 | 6:30-7:30pm | 10/\$161 |
| 109115 | Th | Apr 4-Jun 20 | 6:30-7:30pm | 11/\$177 |

KARATE CONTINUING - SERENITY MARTIAL ARTS

12yrs+

Continuing Karate class for existing SMA students. Expand your skills from the Shotokan style with Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrima, and weapons training in this non-contact class.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

| | | | | |
|--------|------|---------------|----------|----------|
| 109122 | M,Th | Jan 8-Mar 14 | 6:30-8pm | 19/\$306 |
| 109124 | M | Jan 8-Mar 11 | 6:30-8pm | 9/\$146 |
| 109127 | Th | Jan 11-Mar 14 | 6:30-8pm | 10/\$161 |
| 109123 | M,Th | Apr 4-Jun 20 | 6:30-8pm | 21/\$338 |
| 109125 | M | Apr 8-Jun 17 | 6:30-8pm | 10/\$161 |

SHIODA AIKIDO

13yrs+

Learn the basic movements and techniques of Shioda Aikido in a family-friendly club environment. This martial art provides fun, fitness and self-defense training. It promotes learning through partner practice, rather than sparring and competition. Circular movements are used to redirect the body and energy of an attacker. 10 class pass available for those needing schedule flexibility. Adult 10/\$100 or Student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

| | | | | |
|--------|----|--------------|----------|--------|
| 107491 | Tu | Jan 9-Feb 27 | 7-8:30pm | 8/\$80 |
| 108956 | Tu | Mar 5-Apr 30 | 7-8:30pm | 9/\$90 |
| 108957 | Tu | May 7-Jun 25 | 7-8:30pm | 8/\$80 |

YOUTH - LEADERSHIP / EDUCATION

GANG EDUCATION & TRENDS

Join us for a FREE Gang Education & Trends Seminar. This is an opportunity for adults and youth to better understand the trends police are seeing in our community. Are you stuck for answers when your teen asks you the hard questions about their peer group? Are you looking for some insight about what's going on in the world of youth? Are you seeking resources and information for how to talk to your teen about gang awareness? Saanich Youth Services in partnership with the Saanich Police Department is hosting a learning opportunity for parents, caregivers, and youth workers. In this workshop, participants will have the chance to ask questions and gather all of the up-to-date information from police officers and youth workers in our community.

SAANICH COMMONWEALTH PLACE

110448 Tu Feb 6 6:30-8pm FREE

GRADE 12 GRADUATION SAFETY

In partnership with Saanich Police, learn about how to ensure you stay safe during graduation celebrations. This seminar will give grade 12 students the tools to make informed smart choices while celebrating their graduation. Parents and caregivers are welcome to attend with their youth.

SAANICH COMMONWEALTH PLACE

110447 Tu May 21 6:30-8pm FREE

YOUTH PARTY SAFE

In partnership with Saanich Police, learn about the effects of drugs, alcohol, consent and how safe while out with friends. This seminar will give youth the tools to make informed smart choices while hanging out with their peers. Parents and caregivers are welcome to attend with their youth.

SAANICH COMMONWEALTH PLACE

110434 Tu Jan 16 6:30-8pm FREE
110435 Tu Apr 16 6:30-8pm FREE

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES